Summer Activity Guide Junction City Area 2012



A Publication of Tribune News and the **Junction City Community Services Department**

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93126 Prairie Road

East of Barncraft on west side of Prairie Road PO Box 730 Junction City

Junction City Community Services Department Sites



Department Director,

Melissa Bowers 541.998.4767



JC3 (Junction City Community Center) 175 West 7th Avenue 541.998.4767 MWF 11am – 6pm

Junction City Public Library

726 Greenwood Street Library Director, Lynn Frost 541.998.8942



Parks Department

Parks Lead, Rick McClintock





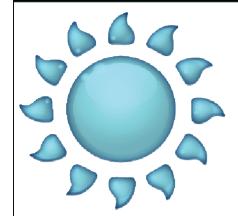
Viking Sal 245 W 5th Avenue

Viking Sal Program Lead, Marcia Scalise 541.998.1556 (Offers a full Viking Sal Program Guide)

Max Strauss Seasonal Pool

I515 Laurel Street
Summer 541.998.3621
Pool Manager: Katie Kerr

2012 Max Strauss Pool Schedule



Junction City Pool

1515 Laurel Street, Junction City, Oregon • Pool Phone (541) 998-3621 Off Season Phone (541) 998-4767 • www.junctioncityoregon.gov •

"Come spend your Summer with us!"

Summer 2012

Regular Season June 18th - August 31st

SCHEDULE

Monday – Friday

8:00am - 9:00am High School Team/ Lap Swim/ Private Lessons

9:00am - 10:30am Junior Swim Team

10:30am - 12:00pm Morning Swim Lessons

12:00pm - 4:00pm Recreational Swim

4:00pm - 5:00pm Low Impact Exercise/ Specialty Classes

5:30pm - 6:30pm High Impact Exercise / Lap Swim

6:30pm - 7:30pm Evening Swim Lessons

7:30pm - 9:00pm Family Swim

9:00pm - 10:00pm Teen Swim (Tues, Thurs, and Fri only)

Saturday - Sunday

12:00pm - 4:00pm Recreational Swim

4:00pm - 6:00pm Family Swim

DAILY ADMISSION

SUMMER PASS

In Junctio	on City Limits/ Out of JC	In Junction Cit	y Limits/ Out of JC
Child	2.00 / 2.50	Child	60.00 / 70.00
Adult (over 17)	3.50 / 4.50	Adult (over 17)	75.00 / 80.00
Senior (over 55)	1.50 / 2.50	Senior (over 55)	50.00 / 60.00
Family	7.00 / 9.00	Family (up to 6 memb	pers) 85.00 / 100.00
		\$15/\$20 each addition	nal member

Go to www.jcpoolpass2012.eventbrite.com to purchase season passes online with a credit card.

www.junctioncityoregon.gov > Departments & Services > Comm. Serv. Dept. > Aquatics

Max Strauss Pool Classes & Activities 541.998.3621



RECREATIONAL SWIM

Come visit us for Rec. Swim. All ages welcome, children under 6 must be accompanied by someone over 13. We have noodles, kickboards, lifejackets, basketball hoops, a diving board and great toys! If you get hungry stop by the office to see our selection of snacks for sale. Offered Mon. - Sun. 12-4pm

FAMILY SWIM

Come enjoy this fun family atmosphere. Patrons younger than 18 years must be accompanied by an adult in swim attire. All other Rec. Swim rules and accommodations apply. Offered Mon. - Fri. 7:30-9pm and Sat. & Sun. 4-6pm

TEEN SWIM

Teens want to get out of the house? Join us for Teen swim. Teen Swim is offered Tuesday, Thursday and Friday nights from 9-10pm.



Junior Swim Team is for swimmers 14 years or younger who can swim <u>at least</u> one length of the pool without stopping. Summer Pass and Swim Team Fee required. If a family has multiple swimmers the rate per swimmer decreases.



Swimmer # 1	40.00 (1st Swimmer)	Coaches: Ryley McAllister
Swimmer # 2	35.00 (2 nd Swimmer)	Tony Vickery
Swimmer # 3	30.00 (3rd Swimmer)	Katie Kerr
Swimmer # 4	Free (4th Swimmer)	

Swimmer # 4 Free (4th Swimmer) Swimmer # 5 40.00 (5th Swimmer)

HIGH SCHOOL SWIM TEAM

This program is for swimmers 14 years or older who would like to participate in a summer swim team. Swimmers will need to purchase a Season Pass and pay a Swim Team Fee of \$30 to participate. Offered Mon.-Fri. 8-9am Coach: (volunteer)

SWIM LESSONS

Registration for Lessons will begin Monday, June 18th at Pool office. Class sizes are limited; <u>Payment is required</u> to enroll. In Junction City limits \$35, Out of City \$40

SESSION DATES

Session 1	June 25 – July 6	No Lessons June 18th-22nd
Session 2	July 9 – July 20	for instructor training.
Session 3	July 23 – August 3	

Session 3 July 23 – August 3
Session 4 August 6 – August 17
Session 5 August 20 – August 31

AM & PM Sessions available.



Lanes will be reserved for Lap Swimming Mon. - Fri. 8-9am, and 5:30pm-6:30pm other classes are offered during this time. Up to 6 Swimmers per lane are allowed. Kickboards provided.

LOW IMPACT WATER EXERCISE

Our low impact exercise class focuses on providing a good workout that is low impact, specialized for individuals who have Arthritis or other joint pain. Water weights and water belts are provided. Offered Mon.-Fri. from 4-5pm.



Max Strauss Pool Classes & Activities 541.998.3621



HIGH IMPACT WATER EXERCISE

This is a fun, fast paced intense water exercise program led by a trained instructor. This program is designed to get your heart rate up, build muscles and burn some calories! Offered Mon.-Fri. 5:30-6:30pm.

SPECIALTY CLASSES

STROKE CLINIC

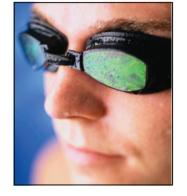
The clinics are hour sessions that focus on one specific stroke or technique.

Times: 4-5pm \$5 per day or \$20 for the whole week.

Dates: 8/25 Mon, Backstroke 8/26 Tues, Breaststroke

8/27 Wed, Butterfly 8/28 Thurs, Freestyle

8/29 Fri, Diving & Flip Turns



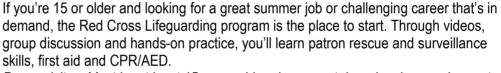
JUNIOR LIFEGUARD COURSE

Find out what it takes to become a great lifeguard with this junior lifeguarding course. 11 to 14 year olds will learn everything from lifesaving and leadership skills to fitness and professional development.

Times: Mon – Fri 4pm-5pm Cost: \$60.00

Dates: Session 1 7/9 - 7/13, & 7/16 - 7/20 Session 2 7/23 -7/27, & 7/30 - 8/3





Prerequisites: Must be at least 15 years old and pass certain swimming requirements Course length: 30 – 37 hours; 2 year CPR/AED certification and Lifeguarding certification.

Dates: Session 1 8/13-17, 8/18, 8/20-24, 8/25 Times: Mon – Fri 3pm-5pm, Sat 11am-6pm

Cost: \$65.00





EARLY OPENING!!

We will be open for an after-school recreational swim 3-6pm, <u>June 11th – June 15th</u>. Normal rates apply.

SPLASH BASH

Come join us for our Community Pool Party! Lots of games, food and fun events. July 21st, Events 10:00am-6:00pm

Movie 6:00pm-8:30pm



New this summer, come watch a movie with us. Relax in the pool and watch a projected big screen movie.

Dates: 7/6 7:30-10:00pm

7/21 6:00-8:30pm (after Splash Bash)

8/3 7:30-10:00pm 8/24 7:30-10:00pm



Junction City Parks - Summer Recreation Hot Spots

Bailey Park

Acreage: 2.6 acres. Year Built: 1976. East end of Bryant Street. 50' high Oak trees define the edge on the west and south boundary at the perimeter of an open lawn area with a pathway running through. A playground is located on the southeastern corner with two play structures and benches at its perimeter. The park includes two tennis courts and tot swings.



Teguendama Park

Acreage: 0.5 acres. Year Built: 1981. Timothy So. off of W 6th. Teguendama Park is located adjacent to Junction City High School. A bike/ pedestrian path is located along the eastern boundary of the park. Additionally, two pathways extend to Shara Place and Saxon Place. A pathway also extends east from the park along the south side of the High School. The park includes playground equipment as well as a small basketball court.



Oak Meadows Park

Acreage: ~ 0.77 acres. Year Built: 2002. Yew North of off W. 10th. Oak Meadows Park was constructed as a part of a new subdivision development. The park includes play structure and basketball court with a path into and around the park space surrounding an open lawn area. The landscaping utilizes a wide range of plant species providing seasonal interests.



Laurel Park

Acreage: 1.45 acres. Year Built: 1920's. Laurel Park is located next to the Junction City Municipal Swimming Pool (Max Strauss Pool), and Laurel Elementary School at 14th and Kalmia. The park includes two shelter areas. The larger shelter structure has enclosed rooms on either side of an open court area. The smaller shelter structure is a gazebo and includes sink, electrical outlets and picnic tables. The gazebo is available for rent. If interested please contact the City Recorder at 541-998-2153 for rental.



Toftdahl Park

Acreage: ~ 0.87 acres. Year Built: 1999. 15th and Laurel. The park is surrounded by single family homes to the north, the Municipal Swimming Pool to the south. Dutch's field to the east and School District athletic fields to the west. The park is connected to 17th Avenue though a bike path. The park includes a play structure and basketball court.



Junction City Parks - Summer Recreation Hot Spots



Dutch's Field

Acreage: ~ 1.9 acres. Year Built: originally built in 1930's. 14th & Kalmia. The field has bleachers, small press-box, electronic scoreboard and field lights for nighttime play. There is a parking lot between the field and the Max Strauss Pool to service the field as well as on-street parking. Dutch's Field is available for rent. If you are interested please contact the City Recorder at 541-998-2153.



Founders Park

Acreage: 0.25 acres. Year Built: 1980. Founders Park is located in the middle of downtown Junction City at 5th and Holly Streets. The park includes the 1905 Finnish locomotive #418. The park is used as a focal point for the City's annual Scandinavian Festival and provides a seating area and Veterans memorial placard.



Bergstrom Park

Acreage: 2.0 acres. Year Built: 1980. 5th and Dorsa. Bergstrom Park is surrounded by farmlands to the north and east. A bike path extends to Alder Street from the park providing an alternative access point. The park includes a small basketball court, play area updated in 2012 and a wall for tennis or wall ball.



Lyle Day Park

Acreage: 2 acres. Year Built: 1983. Between 5th and 6th Avenues and Elm and Deal. A pedestrian path meanders through the open lawn with pedestrian lights connecting the two streets. The park includes a tennis court, half basketball courts and playground equipment.

Junction City Skatepark: Under Construction at Laurel Park



The Junction City Skatepark located in Laurel Park will offer street style and ramp based skateboard opportunities for all skill levels in an open and visible park setting. The Junction City Skatepark is funded through community donations, community events, business contributions, individual donors, and grants. Construction began in 2011 and is ongoing, with the skatepark scheduled to open in 2012.

www.junctioncityoregon.gov.

Eight-1 week sessions 8:30a-5:30p * Grades K-8th * \$100 a week per Camper Scholarships Available * Online registration forms * online credit card reg.

junctioncityoregon.gov > Depts. & Services > Community Services Dept. > Community Center > Camp Sunshine

Week 1: June 25-29

Week 2: July 2-6

Week 3: July 9-13

Week 4: July 16-20

Week 5: July 23-27

Week 7: Aug. 13-17

Week 8: Aug. 20-24

"Kitchen Chemistry"

"Stars & Stripes"

"I Want My Mummy"

"Art-rageous"

"Project Earth"

Week 6: July 30-Aug 3 "Gizmos & Gadgets"

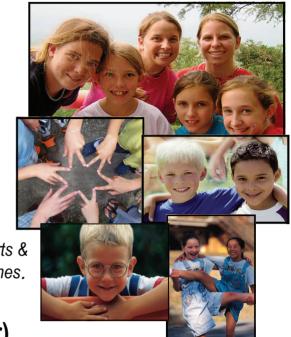
(No Camp During Scandinavian Festival Week)

"Bodies In Motion"

"Water World"

Campers enjoy a mixture of outdoor play, indoor activities, arts & crafts, healthy snacks, quiet times, physical activity, and games.

175 W. 7th Ave. Junction City * 541.998.4767 **JC3 (Junction City Community Center)**



TEEN CREW at JC3 541.998.4767

TEEN CREW

What do you like to do? Where would you like to visit? What would you like to learn? JC3 (JC Community Center) is looking for teens who would be interested in sharing their ideas. The JC3 Teen Crew is looking for you! Call 541-998-4767

Volunteer Opportunities Classes, Theme Parties **Outdoor Adventures Learn New Skills**

Show Up **Monday Nights** 6-8:30pm **Bring A Friend**



RENTALS at JC3 541.998.4767

RENTALS

Looking for a place to hold that Meeting? **Baby Shower? Fundraiser? Special Class? Graduation Party?**

You may want to consider the Junction City Community Center (JC3). With several options available, most events can be accommodated.

Call 541.998.4767 for more information.

Looking for more sports activities? Be sure to check out **Junction City Athletics at** www.junctioncityathletics.com

Building Blocks Christian Childcare & Preschool

575 Greenwood Street, Junction City, OR 97448 Phone: 541-998-7619 Fax: 541-998-8241 Website: http://bbcchildcare.com E-Mail: bbcchildcare@aol.com

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M-F 6:00am to 6:00pm

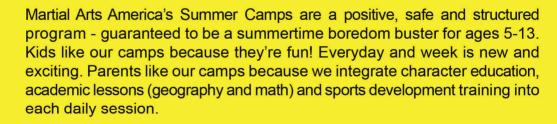


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541.321.2185

1420 Kalmia St., Junction City www.facebook.com/MartialArtsOregon



Language Classes at JC3 (JC Community Center) 541.998.4767

Spanish: Conversational Skills

This course focuses on development of communications skills essential for everyday Spanish communication. In the midst of the action, by means of

storytelling and reading, you will see your acquisition of practical Spanish come alive. Adult Beginner

Level begins June 5, 2012 **Date:** Tuesday 6:30-9:00pm

Cost/Reg: \$150 for 10 sessions Sign up at JC Community

Center 541-998-4767

Instructor: Dan Collins, LCC Instructor



English: Second Language

Learn English as used in everyday life! Adult Beginner Level starting June 28, 2012 and runs through August 30.



Date: Tuesday and Thursday 6:00-8:30 pm

Cost/Reg: \$50 for eight sessions (Partial Scholarships Available)

Sign up at JC Community Center 541-998-4767

Instructor: Nadine World

Fitness Classes at JC3 (JC Community Center) 541.998.4767

Tai Chi: Moving for Better Balance conducted by Oregon Research Institute

Participants attend class, twice weekly, for 48 consecutive weeks beginning in September 2012: learning and practicing a series of simple, slow, and rhythmical movements aimed at improving balance, strength and reducing the risk of falling. Participants must be: 1) 65 years of age or older, 2) able to engage in mild exercise without incurring medical problems, and 3) approved by a healthcare provider. People interested in participating may contact the research staff at Oregon Research Institute, (541) 434-1519, ask for the Community Tai Chi Project. Class held at the JC Community Center on Monday & Wednesday from 10:00-11:00 am. Classes are offered free of charge to enrolled program participants.



Zumba with Deb

This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Date: Summer schedule, Monday Class 5:30pm Wednesday Class 5:30pm Friday Class 10 -11am

Cost/Reg: \$5 per class, Drop In or

Pay \$40 for 10 classes

Instructor: Deb Hargett. Open to ages 10+.



Tai Chi with Machiko

Move, stretch, flow - you really have to try it! Tai-Chi is great for improving balance and preventing falls. The instructor, Machiko Shirai is a Gold Medalist in Tai-Chi. Class sessions are \$35 for each six week session. Call for session dates.

Date: Tuesdays 3-4 pm **Cost/Reg:** \$35 for six weeks **Instructor:** Machiko Shirai Call 541-998-4767 to register.



Yoga with Lila

Try an easy style of Yoga, sitting in a chair or on the floor. This is a great strengthening, stretching and stress reliever program, which is gentle on the body.

Date: Mon. & Wed., 2:30-3:30pm Cost/Reg: \$5 each visit, Drop In



Adult Self Defense with Master Martin

Learn to defend yourself with our easy-tolearn, yet effective program is great for anyone 16 years & over. Class taught by former World Championship competitor and master instructor Gary Martin.

Date: Tuesday & Thursdays, 7:00-8:00pm

Cost/Reg: \$89/mo.

Instructor: Gary Martin 541.321.2185



Adult Special Interest

Living Healthy with Chronic Conditions



This program was developed by Stanford University Patient Education Research Center. It is a six-session weekly interactive workshop that helps those who have ongoing health conditions learn health management strategies. Each participant receives the book *Living a Healthy Life with Chronic Conditions* and a relaxation tape. The class is designed to be educational & supportive.

The class will be offered on Thursdays, September 6th through October 11, from 1 to 3:30 pm at Junction City Community Center located at 175 W 7th Avenue. Registration is required by August 24, call 541-998-4767 to register. This program is offered free of charge by Peace Health.

Date: Thursdays 1-3:30 pm

Cost/Reg: FREE if registered by 8/24

Instructor: Peace Health Call 541-998-4767 to register.





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- CRAFTS







www.scandinavianfestival.com 541-998-9372

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soups to gourmet desserts
Monthly Friday Night Wine
Tasting & Dinner Specials
featuring wines and beer on tap



Wine & Deli

Eric and Donna Wolfe 270 W. 6th Ave. Junction City 541-998-2580

> Tues. - Fri. 7am-3pm Sat. 8am-3pm



Photography Classes at JC3 (JC Community Center) 541.998.4767

Getting Great Photos of Your Vacation

If you're taking a vacation this summer, this seminar will show you how to return with stunning photos that really capture your experience! Learn how to document your trip. take advantage of unique experiences, and get a checklist of things you'll definitely want to know!

Date: Wed. June 13 at 7pm at JC Community Center

Cost/Reg: \$15 Call 541.998.4767 to

register Instructor: Jamie Hooper



Photography Workshop:

"Mastering Light and Composition

We'll begin at the Community Service Center and then walk through Junction City to see it with new eyes. This is a hands-on workshop, and limited to just 8 students to insure personal attention. You'll learn how to find great photos in unlikely places -and better yet, how to find and use the best light to enhance your subject, whether it's flowers, buildings, or people. Class limited to 8 participants.

Date: Wed. July 25 at 7pm at JC Community Center

Cost/Reg: \$40 Call 541.998.4767 to register

Instructor: Jamie Hooper

Photoshop Elements: "Discovering the Secrets of Lavers"

The layers pallet in Photoshop Elements is its most powerful feature; and vet many users find it confusing. At the end of this session you're guaranteed to clearly understand how to use it to make your photos look better. create composites, using the clone stamp tool, and correct all kinds of photo problems. Bringing your own laptop is encouraged but not necessary.

Date: Wed, June 27 at 7pm at JC Community Center

Cost/Reg: \$15 Call 541.998.4767 to register

Instructor: Jamie Hooper

Photographing the Scandinavian Festival

This is a 2 hour workshop for people that want to take better photographs, even under the most difficult lighting situations. Of course, you'll return with some great photos of the Festival, but also learn more about using your camera's features, how to find the best light, and create photos that have impact. The seminar will end back at the Community center to review and answer questions. Each participant will leave with 2 tip sheets: one for photo tips, and one for digital camera tips. Class limited to 6 participants. Meet at the JC Community Center

Date: Fri. August 10, 9-11:30am

Cost/Reg: \$50 Call 541.998.4767 to register

Instructor: Jamie Hooper

Adult Special Interest Programs at JC3 (JC Community Center)

Senior Health Insurance Benefits Assistance (SHIBA)

The SHIBA program provides free counseling to people with Medicare. We



can help you select a Medicare prescription drug plan, compare Medicare Advantage Plans, compare Medicare Supplement Plans, help you apply for Medicare Saving Programs, and help with Medicare Prescription Coverage.

Date: Every 1st & 3rd Tuesday, by appt.

Cost/Reg: Participation is Free,

Call 541-998-1556 to schedule an appointment.

AARP Safe Driving Class

Refresh your skills and knowledge. Completion of this course may entitle you to a discount on your insurance



premiums. Students must pre-register by calling the Junction City Community Center at 541.998.4767. You now have the option of completing the course in one day or breaking up the class into two days. Dates:

Thursday, July 12 10:00am-4:30 pm (If you are an Educator the class fee is only \$5 for this session.) Thursday, November 15, 10:00am - 4:30pm

Cost/Registration: \$14 paid to the instructor To Register call Community Center at 541.998.4767 Service Leader: AARP Safe Driver Program

Service Leader: State of OR SHIBA Volunteers



541-998-3360 877-507-7378

Randy Thom Owner/Operator Junction City Resident who volunteer's for community activities



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create the cool, delicious ice cream we deliver to your local market. Lochmead Farms is committed to this sustainable system that keeps the entire product lifecycle close to home, ensuring quality and freshness from our family farm to your family freezer.

JC Public Library Summer Reading Program

Programs take place at the Junction City Community Center 175 West 7th Avenue - Wednesdays at 12:30, FREE

- June 20 Zany Zoo See mammals from all over the world
- June 27 The Raptor Center Reading with raptors
- July 11 "Big Red Day" Fire Trucks and Safety
- July 18 Greenhill Humane Society Taking care of your pets
- July 25 "Dreaming Big by the Campfire" with Pia & Jason Robbins on guitar
- August 1 Zany Zoo Returns with Reptiles.
- August 15 "Henny Penny's Trip to the Moon" Marionettes with Celeste
- August 22 Music in Action Rich Glauber, guitar sing-along.
- August 29 "The Reluctant Dragon" Rod-puppets with Dragon Theater Puppets

The Summer Reading Program is sponsored by Soroptimists International of Junction City, Oregon State Library, Friends of the Junction City Public Library, Education Together Foundation, and The Oregon College Savings Plan.



Junction City Public Library

726 Greenwood Street * 541.998.8942

Monday & Tuesday: noon to 7:00 pm

Wednesday & Thursday: noon to 6:00 pm

Saturday 10 am to 3 pm

Enjoy the hot summer days with good books and good friends by participating in the annual reading and read-to-me club. Kids in School District 69 who live outside of town can have a free summer library card.

Kids - When you have read ten books, or when you have had ten books read to you, come to the library to select and keep a book of your own. Fill out another list, and get a free family day pass to the Max Strauss Pool Teens & Adults - When you have read twelve books come to the library and choose a book to keep from the Friends of the Junction City Public Library shelf. When you write three Quick Reviews, you will receive a free family day pass to the Max Strauss Pool. There will be Summer Reading prizes for three winners, drawn from the names who submit.

Borrowing from other Public Libraries in Lane County

On July 1 your Junction City Public Library card, provided it is in good standing, can be used at seven other public libraries in Lane County: Cottage Grove, Creswell, Florence, Mapleton, Oakridge, Springfield, and Veneta. Borrowers must observe the lending library's policies, including check out times and overdue fees. Borrowed items must be returned to their home library.

Viking Sal Senior Center 541.998.1556



245 WEST 5TH AVE. JUNCTION CITY

Center hours: Mon 8:30-2pm, Tue 8:30-3pm,

Wed 8:30-3pm, Th 8:30-5pm, Fri 8:30-2pm

Viking Sal Senior Center provides activities for area residents 55 and older in Leadership, Education, and Recreation, along with Assistance and Nutrition & Wellness. Activities are offered five days a week.

The Viking Sal's purpose is to serve as a community focal point on aging where older persons as individuals or in groups come together for services and activities, which enhance their involvement in and with the community.

The Center has a large variety of lecture and

informational classes, creative opportunities, trips, social games, and exercise sessions for all ability levels.

A current full detail Program Guide outlining services and activities is available quarterly. Program Guide subscriptions mailed to your home are available for \$10 a year.

Viking Sal relies on community support to sustain its programs and services.

Please call 541.998.4767 for more information on programs or volunteering.

Save the Date: Big Hush

The Big Hush, Silent Auction 11/4



Sunday, November 4, from 6 -9 pm will be Viking Sal's Annual Big Hush Auction and Nosh. The Big Hush will be held

at St. Helen Parish Hall this year with hundreds of items available for the progressive silent auction.

This event is the biggest annual fundraiser for the Viking Sal. (A portion of funds raised are typically matched by a Grant from Thrivent Lutheran Financial.) If you value Viking Sal Senior Center as part of your community, please join us this fall to support the services offered by Viking Sal.

Save the Date: Open House "Luau"

Open House "Luau" - 8/28

Come on board at Viking Sal as we set sail for a **Luau Lunch** including Pulled Pork, Hawaiian Sweet Potatoes, Asian Slaw, Dessert and Punch on **Tuesday**, **August 28 at 12 Noon. \$4 Tickets must be**



purchased before August 20. Tickets purchased August 20 or later, and at the door are \$5. We will also have a great raffle with beautiful items matching our tropical theme. Raffle tickets will be sold prior to and at the lunch. Donations will also



be accepted at the lunch. Start planning your stunning Hawaiian attire. What a great way to end the summer! Plan now to be our guest for this fun and delicious lunch! *Mahalo!* See you then!

JUNCTION CITY COMMUNITY SERVICES DEPARTMENT MAIN OFFICE

PLEASE PLACE STAMP HERE

PO Box 250 175 West 7th Avenue Junction City, OR 97448 541-998-4767



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